

# Bridge Push Ups

As you probably figured by now, I do not believe in limiting your training to traditional, linear exercises only. For example, I once counted over 80 types of push ups I use in my training.

The goal is to be strong in every angle, to achieve better control and... dominance of your body in the space around it. I will push (and pull for that matter) in every conceivable angle, as long as I understand the biomechanics and think there is a use to it. The result is that I rarely run into situations in which I encounter problems due to a lack of strength. Over the years I have trained in boxing, bouldering, jiu jitsu, ballet, kung fu, ran long distances, track and field, gymnastics, and more and more. I have learned much from those sports/arts and try to incorporate that knowledge into my practice every day.

Today we are going to work on a very basic but the often neglected Bridge Push Ups. I use a variety of bridge push ups, I will introduce three variations out of many today.

## The Basic Bridge Push Ups

### Basic Bridge Push Ups

This is the basic variation. Lay on your back, bring your heels close to your butt and place your hands, with fingers pointing at your feet, under your shoulders.

Push up into the highest back bridge you can reach, hold momentarily and lower down, trying to bring your butt and shoulder blades at the same time to the floor.

Repeat for reps.

Notice that unlike other performers of this type of push ups I use the full range of motion - back on the floor to complete elbow lockout. You should do the same for maximum results.

## The One Leg Bridge Push Ups

### One Leg Bridge Push Ups

This variation will require more control and strength in the posterior chain (hams, gluteus and lower back) and will place a higher demand on your core muscles.

I like to use this variation especially because it transfers so well to various Floreio movements. (I have not shared those movements yet)

Basically, perform the same bridge push ups, only with one leg extended straight and held off the ground. The same details as the basic variation apply here also. Full range of motion.

## The One Arm Bridge Push Ups

### One Arm Bridge Push Ups

This variation will place higher demands on your arms and shoulders as well to a host of muscles running across the upper body that will get activated here as stabilizers, due to the lack of support from the free arm.

From the basic starting position, use only one arm to push up into a one arm back bridge. Hold momentarily and lower down under control.

This variation can be out of reach to some people due to a lack of active flexibility and strength in many areas in the body. Work the basic bridge push ups variations for a while before you try to tackle this one.

## **Workout - beginner**

### Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

### Equilibre

- B1. Static QDR 10-30 sec per side / 3 sets / 45 sec rest

### Floreio

- C1. Head Bridge To QDR Work (choose the variation you are capable of) 10-20 reps / 3 sets / 60 sec
- D1. High Bridge Static Hold 30 sec
- D2. Rotations Into Arch Using The Wall X 10 reps

or

- D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
- E1. Corta Capim Rotations X 20 reps per side / 3 sets / 60 sec

### Conditioning

- F1. The Shrimp (foot+knee or just knee of the back leg touching the ground)
  - F2. Swedish Bench Hanging Leg Raises
  - F3. Basic Bridge Push Ups
- Perform 10 (5-5 per leg in the shrimp), 8, 6, 4, 2 reps with as little rest as possible of F1-F3

### Rehab

- G1. Wrists Routine X 2 subsequent sets / 60 sec rest

## **Workout - intermediate**

### Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

### Equilibre

- B1. Static QDR 20-30 sec per side / 3 sets / 45 sec rest

### Floreio

- C1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec
- D1. Corta Capim Rotations X 30 reps per side / 3 sets / 60 sec

### Conditioning

- E1. The Shrimp (just knee of the back leg touching the ground)
  - E2. 0-90 Hanging Leg Raises
  - E3. One Leg Bridge Push Ups (change legs every rep)
- Perform 10 (5-5 per leg in the shrimp), 8, 6, 4, 2 reps with as little rest as possible of F1-F3

### Rehab

- G1. Wrists Routine X 2 subsequent sets / 60 sec rest

## **Workout - advanced**

### Warm Up - Mobility

- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

### Equilibre

- B1. Static QDR 30 sec per side / 3 sets / 45 sec rest

### Floreio

- C1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
- D1. Corta Capim Rotations X 45 sec of work per side / 3 sets / 60 sec

### Conditioning

- E1. The Shrimp - in a quad stretch position or with knee only touching behind you
  - E2. 0-90 Hanging Leg Raises or One Arm Hanging Leg Raises (change arms every rep)
  - E3. One Arm Bridge Push Ups (change arms every rep)
- Perform 10 (5-5 per leg in the shrimp), 8, 6, 4, 2 reps with as little rest as possible of F1-F3

### Rehab

- G1. Wrists Routine X 2 subsequent sets / 60 sec rest

Yes! This workout will work the back bridge position a lot! If it is too much for you, take down the volume a bit. If you have been following the workouts from the start, you should do fine. Make sure you do some soft tissue work on your lower back tomorrow, either in a form of massage or foam rolling. (Self education through the internet is a beautiful thing...)